

# CAMPUS NEWSLETTER

*A newsletter for the residents of Lyngblomsten at Lino Lakes*

*July 2025*

## **DIRECTORY**

**Mary Simon**

*Executive Director*

(651) 515-1724

**Angie Quick**

*Assistant Executive Director*

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*Director of Life Enrichment*

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*Director of Culinary*

(651) 515-1736

**Jared O'Connell**

*Director of Physical Plant*

(651) 515-1737

(Office)

**Receptionist**

(651) 515-1725

**After Hours Emergency -**

**Maintenance**

(651) 356-3595

Please put maintenance  
requests in through the  
front desk.

**TUNE TO CH. 7 ON YOUR  
TV FOR DAILY UPDATES**

## **GREETINGS FROM THE EXECUTIVE DIRECTOR**



Hello, Summer! A warm welcome to all of our new residents and staff—it's a joy to have you join our Lyngblomsten family!

### **Elevating Culinary Services**

We're thrilled to announce an exciting new partnership with Forefront, a company with deep roots in healthcare and senior living culinary excellence. Founded in 2019, Forefront brings over 340 years of combined experience and has supported hundreds of communities across all 50 states. Their mission? To create healthy, nourishing meals and maintain clean, safe environments—all with a personal touch and passion for exceptional service.

Want to learn more? You're invited to meet the Forefront team and ask questions at our special Culinary Chat on Friday, July 11th at 10 AM in the Chapel (note the change from our usual first Friday due to the holiday weekend).

### **Pond & Fountain Update**

We're so close! The pond fountain is just about ready to be turned on—we're just waiting on final touches like sod, mulch, and proper aeration. Once complete, it'll be a beautiful enhancement to our outdoor space.

For your safety (and to protect the native habitat), please avoid walking down to the pond area, especially as the ground is still soft and mucky.

### **A Quick Note on Carpet Spills**

Independent Living residents—if you experience a blood spill on your carpet, please inform the receptionist right away so a work order can be placed. While there is a cleaning fee, addressing the issue quickly helps prevent long-term staining and keeps your space fresh and clean.

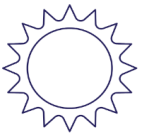
Wishing everyone a fun and safe 4th of July holiday!

With gratitude and sunshine,

Blessings to all,  
*Mary Simon*  
Executive Director



## A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT



After a whirlwind of excitement this spring and early summer, July invites us to slow down, soak up the sunshine, and enjoy the peaceful rhythm of the season here at Lyngblomsten at Lino Lakes. This month, the pace softens—but the creativity and connection keep flowing.

We'll kick off the month with a Patriotic Happy Hour on Tuesday, July 2nd at 5PM in the Tavern—expect a festive evening full of spirit, laughter, and good company. A little later, we'll head out on the St. Croix for a serene summer boating trip, always a resident favorite and a beautiful way to experience the season.

Back at home, we're adding more warmth—literally! Our S'mores Nights are back on Fridays at 6PM, and we've added more seating around the firepit so you can sit back, unwind, and enjoy the glow (and gooey marshmallows) with friends.

Feeling creative? July also brings two incredible art workshops you won't want to miss:

SAORI Weaving Workshop – Tuesday, July 8th at 10AM in the Chapel. Led by Chiaki O'Brien, this freestyle handweaving class celebrates self-expression and is perfect for beginners. No experience is necessary, and you'll even take home your own unique woven piece.

Collagraph Postcard Workshop – Wednesdays, July 23rd & 30th from 1–3PM in the Studio. Instructor Stephanie Hunder will guide you through a nature-inspired printmaking process to create beautifully textured postcards using leaves, grasses, and ink. Spots are limited for both workshops, so sign up early!

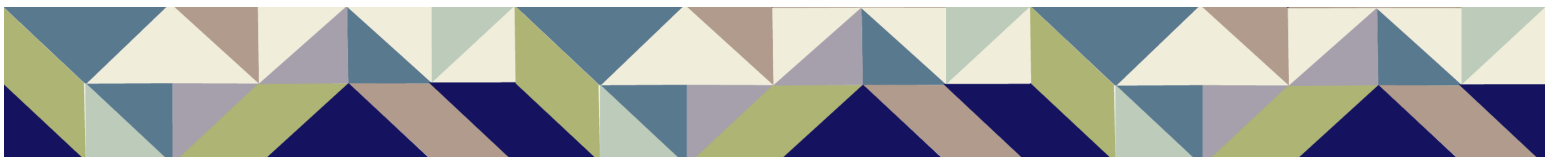
And although a few events are being rescheduled—like the Klondike Kates performance and the Author Speaker—you can stay in the loop by keeping an eye on flyers, Channel 7, and your email inbox.

Whether you're diving into a new hobby, enjoying a lakeside breeze, or simply savoring a s'more under the stars, July is your invitation to rest, reconnect, and recharge

Here's to a month of slower moments, sweet treats, and sparks of creativity!

Kaitlyn Olson,

Director of Life Enrichment



## JULY BIRTHDAYS

July 08 | Mel V. (#102)

July 09 | Pat K. (#238)

July 14 | Eileen K. (#306)

July 18 | Lou D. (#214)

July 18 | Caryl W. (#218)

July 20 | LeRoy C. (#108)

July 22 | Aileene V. (#102)

July 24 | Bill O. (#TH283)

July 24 | Linda A. (#416)

July 28 | Ruth O. (#329)

July 29 | Carol M. (#319)

July 30 | Judith S. (#129)



## Birthday Party!

Friday, July 18th at 2:30PM in Wally's.

Please join us as we gather to celebrate our friends who have birthdays this month.

To get your birthday in the monthly newsletter complete the Life Enrichment Interest Inventory. They were handed out in your move in binder. Extra copies are available at the front desk.

## NEW RESIDENTS

Larry N. | (#237)

## RESIDENT REPRESENTATIVES

Current residents who are willing to help you familiarize yourself with your community!

**Lead:** Ted E. (#409)

**Anne R.** (#220)

**Nan B.** (#425)

**Diane L.** (#412)

**Marilyn P.** (#327)

**Ann S.** (#420)

**Caryl W.** (#218)

If you are interested in becoming a resident **VOLUNTEER** please contact Kaitlyn to let her know you are interested in becoming a trained volunteer through Lyngblomsten Volunteer Services. This would include extra tasks like covering the front desk, helping out during events and socials, outings, etc.

Please extend a warm welcome to all of our incoming residents to our community!

*Live Vibrantly!*

## THE WOOD SHOP

Tuesdays & Wednesdays from 10AM-12PM

## JULY HIGHLIGHTS

**YARN AND FABRIC CLUB** Tuesdays, (July 1, 8, 15, 22, & 29) at 1PM in the Art Studio. Do you enjoy sewing, knitting, crocheting, patching, or working with fabric and string? Whether you're working on a quilt, scarf, or any fabric-related craft, this is a great opportunity to bring your typically solitary activity into a social space.

**MEXICAN TRAIN** Tuesdays, (July 1, 8, 15, 22, & 29) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

**WALKING GROUP** Mondays, Wednesdays, & Saturdays at 12:45PM. Gather in the lobby.

**MULTI MEDIA ART SERIES** Wednesdays, (July 2, 9, 16, 23, & 30) at 10AM in 2nd floor Assisted Living Dining Area. This program is specifically tailored for those currently living in Assisted Living and Memory Care.

**POLYMER CLAY: SMALL VESSEL WORKSHOP** Wednesday, July 2 from 1-3PM in the Art Studio. Led by Layl McDill, sign up required. Look to page 13 for more details.

**BRIDGE** Every Wednesday, (July 2, 9, 16, 23, & 30) at 2PM on 2AL.

**WEIGHT/CARDIO ROOM WITH VOLUNTEER** Wednesdays, (July 2, 9, 16, 23, & 30) at 2:30PM. Angela will be available in the fitness area to help you gain understanding and confidence while using the machines.

**PATRIOTIC HAPPY HOUR** Wednesday, July 2 at 5PM in The Tavern.

**BINGO** Every other Thursday (July 3, 17, & 31) at 2:15PM in the Chapel.

**S'MORES NIGHT** Every other Thursday evening (July 3, 17, & 31) at 6PM in The Courtyard or Sophia's Café weather depending.

**GATHER AND GAMES** Friday and Saturday evenings at 6:30PM in Sophia's Café. This is a resident led activity, and all are welcome. Cards and Board games are located in the cabinet across from the fireplace in the lounge area. Feel free to play these at any time!

**GOLF SIMULATOR** Saturdays, (July 5, 12, 19, & 26) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

**WEEKEND SCRABBLE** Saturdays, (July 5, 12, 19, & 26) at 1:45PM on 2AL.

**WEEKEND BINGO** Saturdays, (July 5, 12, 19, & 26) at 1:45PM in the Chapel.

**MEN'S' GROUP** Mondays, (July 7, 14, 21, & 28) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

**EVENING BINGO** Tuesdays, (July 8 & 22) at 7PM in the Chapel. Late night bingo game!

**SAORI WEAVING** Tuesday, July 8 at 10AM in the Chapel. Look to page X for more details.

**POLISH & PAMPER** Thursdays, July 10 & 24 at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

**SNACK 'N' CHAT** Every Other Thursday (July 10 & 24) at 2:15PM in the Community Room.

## JULY HIGHLIGHTS CONTINUED

This is a group for the ladies of the campus to come and join in a special time of chatting and snacking.

**CULINARY CHAT** Friday, July 11 at 10AM in the Chapel. Decide resident-choice meals, meet the Culinary Director, ask questions, and give suggestions. (Also on CH.8)

**JEOPARDY WITH KAITLYN** Friday, July 11 at 2PM in the Art Studio. Join your neighbors and friends as we battle together as a team to play one of Americas favorite game shows.

**FIRE DRILL** Tuesday, July 15 at 9:45AM. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

**ARM CHAIR TRAVEL: ICELAND** Tuesday, July 15 at 11AM in the Chapel. Join us for a breathtaking armchair travel adventure to Iceland!

**MEMORY LOSS CAREGIVERS SUPPORT GROUP** Third Wednesday of every month (July 16) at 10:30AM in the Art Studio. Led by Lisa Brown, MSW, LISW. This group is specifically being offered to those who are caring for a loved one who is currently experiencing Alzheimer's Disease or a related dementia.

**BIRTHDAY PARTY** Friday, July 18 at 2:30PM in Wally's. Everyone is welcome as we celebrate our friends who have birthdays this month. (See page 4 for a list of birthdays.)

**TOWNHOME MEETING** Tuesday, July 22 at 2:30PM in the Chapel. Please come to hear updates about your community from the Executive Director and the Directors of Physical Plant & Life Enrichment. Introducing: Jenni Kulseth– Volunteer Services Coordinator

**TUESDAY BOOK CLUB** Last Tuesday of every month (July 22) at 2:30PM in the Community Room. This is led by volunteer Michelle D.

**COLLAGRAPH PRINTING CLASSES** Wednesday's, July 23 & 30 from 1-3PM in The Art Studio. Please see page X for more flyer information.

**FRIDAY BOOK CLUB** Will be meeting August 1 at 10AM in the Community Room. This is led by volunteer Michelle D.

**RESIDENT MEETING** Monday, July 28 at 2:30PM in the Chapel. Please come to hear updates about your community from the Executive Director and the Directors of Physical Plant & Life Enrichment. Introducing:





New article coming soon.

### **BOOK NOOK**

We are currently at a max capacity for books and are not accepting any donations at this time. Be on the look out for dates given out when we are ready for donations! Also, we would like to introduce the amazing Library team that continuously makes sure it stays a space you can enjoy:

DIANE L. & ANNE R.  
DOROTHY S. & DIANE W.  
PAULA Z. & MARY W.  
MARILYN P. & JUDY C.

**PLEASE RETURN BOOKS TO THE RETURN BIN-  
FOR THE LIBRARY KEEPERS TO PLACE BACK IN THEIR ORIGINAL SPOTS.**

THERE ARE BOOK REVIEW SLIPS AVAILABLE FOR YOU TO FILL OUT WHEN YOU ARE DONE  
READING A BOOK. LOCATED IN THE RETURN BOX IN THE LIBRARY.



# NOW SHOWING IN THE THEATER ON THIRD



Sunday, July 6  
1:30PM

Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton) -- but he learns how to open his heart eventually.

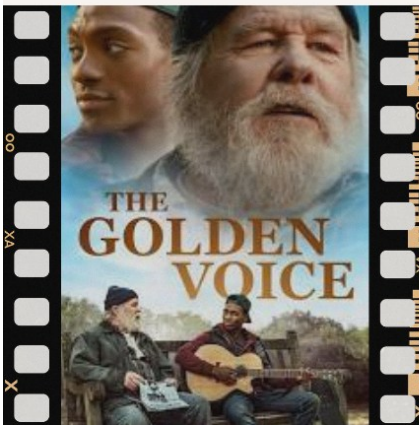
Comedy  
1 ½ Hours.



Thursday, July 10  
6PM

Joan and her friends Linda and Susan find bottles of whiskey Joan's deceased husband stashed away, and they realise he's invented an anti-ageing elixir that can make them young again..

Comedy/Feel Good  
1 ½ Hours.



Sunday, July 13  
6PM

A homeless veteran and a young street singer, both on a self-destructive path, who battle dark times through friendship and music.

Based on Real Life  
1 ½ Hours.



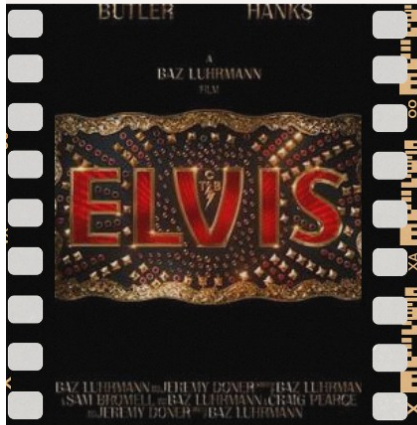
Sunday, July 20  
1:30PM

Duke Diver is living the high life as the freewheeling manager of a luxurious resort in Palm Springs, Calif. He soon faces competition from Leo, a former military man who likes the same woman that Duke is interested in. When Diver's past suddenly catches up with him, he must put aside his differences and reluctantly team up with Leo to stop whoever is trying to kill him.

Action/Comedy  
1 ½ Hours.



# NOW SHOWING IN THE THEATER ON THIRD



Thursday, July 24  
6PM

"Smokey and the Bandit" (1977) is a fast-paced action-comedy where Bandit (Burt Reynolds) and his buddy Snowman (Jerry Reed) race to illegally haul Coors beer across state lines, all while dodging the relentless Sheriff Buford T. Justice (Jackie Gleason). With a runaway bride (Sally Field) along for the ride, it's a wild chase packed with laughs, stunts, and Southern charm.

Musical/True Story  
1 ½ Hours.



Sunday, July 27  
1:30PM

Twelve-year-old Donn Fendler becomes trapped on a treacherous mountain when a fast-moving storm separates him from his family. With no food or proper clothing, he begins a desperate fight for survival in the unforgiving wilderness of northern Maine.

Based on a Book  
1 ½ Hours.



Sundays  
7PM

This drama about the life of Jesus Christ introduces Jesus and the calling of his initial disciples, with a discussion after each episode..

Spiritual  
2-3 Episodes each week



## JULY OUTINGS

**If you are interested in participating in any of these outings, please sign-up at the front desk.**

All outings are roughly 1 -1/2 hours in duration unless otherwise noted below. We can accommodate 13 residents on the bus for each outing. If we have more than 13 people interested, we will open a waitlist where you may be contacted if someone cancels. If you are able to drive your own vehicle to the destination, you are encouraged to follow the bus or meet us there.

The bus ride is provided by Lyngblomsten; however, residents are responsible for all costs associated with the outing.

### **Thursday, July 17 | Boating: St. Croix Valley**

We will leave the lobby at 10:30AM. Sign up by Monday, July 14.

ONLY 8 SPOTS AVAILABLE. PARTICIPANTS WILL BE CHOSEN BY LOTTERY IF OVER 8 SIGN UP.

### **Tuesday, July 15 | Shopping: Target**

We will leave the lobby at 9AM. Sign up by Friday, July 11.

### **Friday, July 18 | Centennial Library**

We will leave the lobby at 9:45AM. Sign up by Monday, July 14.

### **Tuesday, July 29 | Shopping: Walmart**

We will leave the lobby at 9AM. Sign up by Friday, July 25.

### **Tuesday, July 29 | Feed My Starving Children: Volunteer Opportunity**

*(Unlimited Sign-Up. Please leave spots on bus for those who do not drive.)*

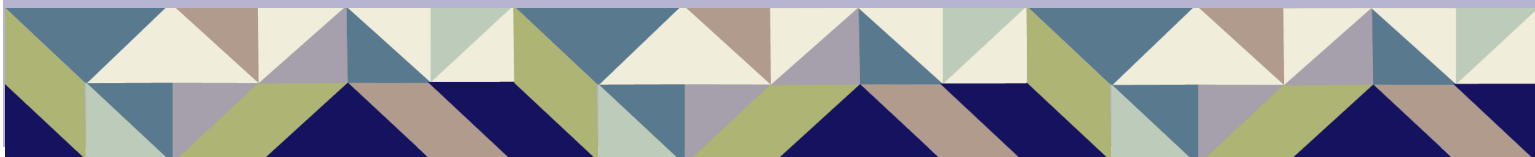
We will leave the lobby at 2PM. Sign up by Monday, July 28.

**Packing:** 2:30-4:15PM

**Arrive back** at Lyngblomsten: 5PM

This is a “Senior’s Only” session. There will be no competition, and you go at your own pace.

If you are willing to let people carpool with you please mention that when you are signing up at the front desk.





### **PRAYING THE ROSARY- FIRST MONDAY OF THE MONTH AT 2PM IN THE CHAPEL**

There will be no Rosary this month. Back in August.

### **ROMAN CATHOLIC MASS FIRST WEDNESDAY OF THE MONTH**

Mass with Holy Communion is led by Father Bill Deziel from St. Joseph's at the Lake.

### **ROMAN CATHOLIC WORD & COMMUNION SERVICE | WEDNESDAYS AT 1PM IN THE CHAPEL**

Consecrated lay leaders from St. Odilia's and St. Joseph's at the Lake will be leading this service of Word and Communion.

### **PROTESTANT WORSHIP | THURSDAYS AT 1PM IN THE CHAPEL**

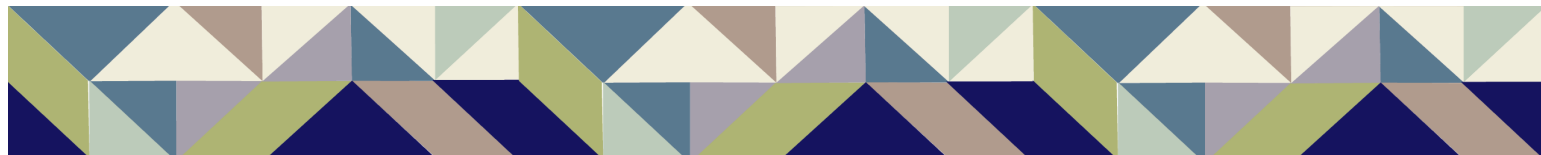
During the month of July services will be held every Thursday besides July 3 & 17.

### **GRIEF SUPPORT GROUP | EVERY THURSDAY**

Thursdays at 3:30PM in Community Room. All of us have experienced loss in some way and those losses shape how we navigate our daily lives. Join us for conversation and sharing as we find hope together in the shadow of grief.

### **BIBLE STUDY WITH JAN W. | MONDAYS AT 10:30AM IN THE COMMUNITY ROOM**

Bring your bible and join us as we explore the story of God's love for all of creation, including us fragile and fractured humans.



## FITNESS CENTER CLASS SCHEDULE

**Monday | Seated Strength Exercise** with Sarah from 1–1:45PM

**Tuesday| Chair Yoga** with Angie at 10AM

**Wednesday | Seated Strength Exercise** with Sarah from 1–1:45 PM

**Thursday | Chair Yoga** with Angie at 10AM

**Friday | Gentle Yoga** with Terrie at 11AM



## POOL SCHEDULE

**Monday | Water Aerobics** with Sarah from 2–3PM

Residents only from 7AM–12PM

Residents and their family/friends from 12–2PM and 3–10PM

**Tuesday | Residents only** from 7AM–12PM

Residents and their family/friends from 12–10PM

1st Tuesday: **Gentle Water Ai Chi** with Sherryl at 11AM

2nd and 4th Tuesday: **Gentle Water Work** with Sherryl at 11AM

**Wednesday | Water Aerobics** with Sarah from 2–3 PM

Residents only from 7AM–12PM

Residents and their family/friends from 12–2PM and 3–10PM

**Thursday | Residents only** from 7AM–12 M

Residents and their family/friends from 12–10PM

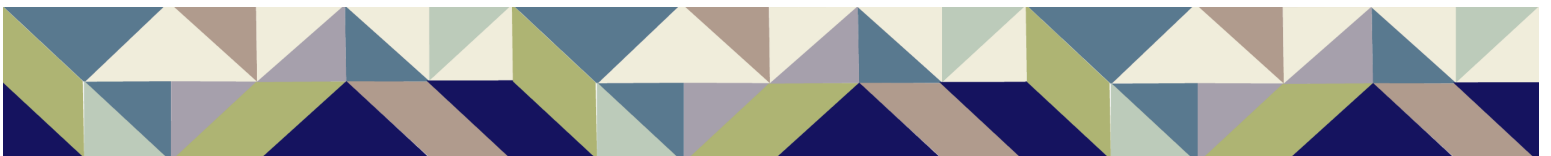
**Friday | Residents only** from 7AM–12PM

Residents and their family/friends from 12–10PM

**Saturday and Sunday | Residents only** from 7AM–12PM

Residents and their family/friends from 12–10PM

**Please note: the Pool, Fitness Center, and Golf Simulator are reserved for Lyngblomsten volunteers every Tuesday of the month from 12-7PM.**



# Workshop: SAORI Weaving

**Tuesday, July 8<sup>th</sup> /10AM**

**Chapel/Multipurpose Room**

**Lyngblomsten Lino Lakes**

SAORI weaving is a practice of free style handweaving that focuses on inspiration and creative self-expression. During this workshop you will choose from a wide range of fiber materials to create a piece of cloth on a loom. You will take your weaving home with you at the end of class. No experience necessary. Class size limited to 12.

*Teaching artist: Chiaki O'Brien brought SAORI weaving to Minnesota when she moved here from Japan. She has been sharing the joy of weaving with learners of all ages and abilities at workshops across the state.*

**Registration is required. Free to residents. All materials provided.**

Class size limited to 12. To register, please contact Kaitlyn Olson at [kolson@lyngblomsten.org](mailto:kolson@lyngblomsten.org) or (651) 341-0483

**Questions?** Contact Holly Nelson at [hnelson@lyngblomsten.org](mailto:hnelson@lyngblomsten.org) or (651) 632-5459.





# Art Workshop: Translating the Forest – Collagraph Postcards

**Wednesdays, July 23rd & 30th / 1:00 – 3:00**

**Studio, Lyngblomsten at Lino Lakes**

Learn to make unique postcards using collagraph print-making techniques. In this workshop, printmaking becomes an exciting way to translate tactile information into visual messages. Relief printing records surface textures from natural objects such as leaves and grasses onto paper with ink through touch. Materials



*(example of student work)*



gathered from nature are documented to create an exquisite image.

*Instructor Stephanie Hunder is a printmaker and experienced*

*instructor who has taught college-level classes for more than twenty years. She is looking forward to sharing her love of printmaking with us!*

**Free. Registration limited to 10. Contact:** Kaitlyn Olson at [kolson@lyngblomsten.org](mailto:kolson@lyngblomsten.org) or (651)341-0483

**For more information,** contact Holly Nelson, Director of Lifelong Learning & the Arts, at (651) 632-5459 or [hnelson@lyngblomsten.org](mailto:hnelson@lyngblomsten.org)



*Healthcare, Housing & Services for Older Adults since 1906*  
St. Paul & Lino Lakes | [www.lyngblomsten.org](http://www.lyngblomsten.org)



# Rhythmically Speaking

**Every other Friday, 1:00 – 2:00  
starts Aug. 1st**

**Chapel/Multipurpose Room  
Lyngblomsten at Lino Lakes**

## Meets:

**Aug. 1 – introductions and kick-off**

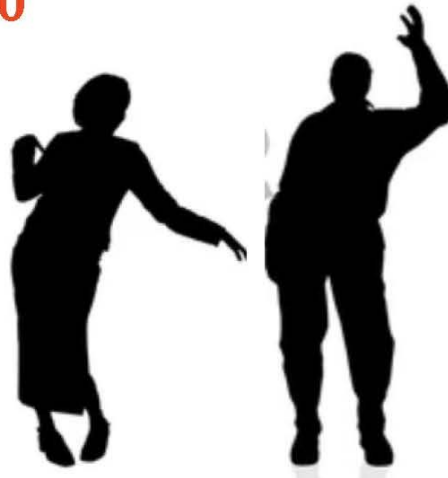
**Aug. 15, 29**

**Sept. 12, 26**

**Oct. 10, 24**

**Nov. 7, 21**

**Dec. 5 - Dance Party Celebration**



Enjoy an hour of dance instruction, music and movement with *Rhythmically Speaking*. *Rhythmically Speaking* is a dance company with experienced teachers who love sharing the joy of movement with participants of all ages and abilities. You will feel energized and inspired by moving to the beat with others while following the instructor's lead.

Check out what to expect and meet the instructors at the August 1<sup>st</sup> kick off. No dance experience required – all abilities welcome. Even participants who use a walker or wheelchair may be accommodated and have a great experience!

**Free. No registration required**

**For more information**, contact Holly Nelson, Director of Lifelong Learning & the Arts, at (651) 632-5459.



*Healthcare, Housing & Services for Older Adults since 1906*

St. Paul & Lino Lakes | [www.lyngblomsten.org](http://www.lyngblomsten.org)

*Caring for Others? We're Here to Help.*

# CAREGIVER SERVICES



Are you or someone you know helping an older adult who is your spouse, partner, family member, friend, or neighbor and you're looking to connect for support?

*Specializing  
in memory  
loss caregiver  
support*

**Give us a call.  
We'll help you  
navigate the journey.**

## Care for yourself as you care for others.

Lyngblomsten Community Service's Caregiver Services team is here to help you on your caregiving journey. Our staff are providing individualized support and resources to caregivers in person, over the phone, via email, and online via Zoom.

### Connect with us for:

- **Education and Access to Resources**
- **Memory Loss Caregiver Support Groups**

### The Gathering

*In-person group respite program for people living with memory loss*

### Don't know what you need?

Connect with us. Our trained staff are here to listen and will help you take the next step on your journey.



*For more information:*

### Lyngblomsten Community Services

(651) 632-5320 | [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org) | [www.lyngblomsten.org/caregiving](http://www.lyngblomsten.org/caregiving)

Lyngblomsten Caregiver Services is supported, in part, by gifts made to the Lyngblomsten Foundation and is funded under an award with Trellis as part of the Older Americans Act.





## ROOM KEY & LOCATIONS

**Game Room** | **G** Located on garage level. Follow white hallway by garage door.

**Wood Shed** | **WS** Located on garage level. Follow white hallway by garage door.

**Lobby** | **L** Located on first floor. Common meeting space for outings & other events.

**Sophia's Café** | **SC** Located on first floor by the lobby.

**Courtyard** | **CY** Located outside on first floor behind Sophia's.

**Chapel** | **CH** Located on first floor across from Sophia's.

**Fitness Room** | **F** Located on first floor.

**Pool** | **P** Located on first floor in the fitness area.

**Salon** | **No Key** Located on first floor.

**Mikelson's Tavern** | **MT** Located on second floor.

**Wally's** | **W** Located on second floor.

**Puzzle Table** | **No Key** Located on second floor. Located by Life Enrichment offices.

**2nd Floor Assisted Living Dining Area** | **2AL** Located on second floor in Assisted Living. Near Mikelson's and Wally's.

**Theater** | **T** Located on third floor. North end.

**Library** | **No Key** Located on third floor. South end.

**Community Room** | **CR** Located on fourth floor. North end.

**Art Studio** | **S** Located on fourth floor. South end.

### BLUE HERON SALON

#### Salon Hours:

**Tuesdays: 1:30-7PM**

**Thursdays: 8:30AM-5PM**

#### Contacts:

Salon Owner/Hair Professional- Loreen: (612) 600-7641

Massage Therapist– Melody: (763) 222–3691

Nail Tech– Tuyen: (612) 229-1002

\*GIFT CARDS AVAILABLE FOR PURCHASE\*